Metro movie monster mash-ups

Abraham Lincoln: Vampire Hunter inspires Metro to concoct its own historical revisionist-fiction movies — think Dances with Werewolves and Anne of Green Ogres PAGE 8

PRE-NUPTIAL JITTERS

PRINCE SLEPT JUST HALF AN HOUR NIGHT BEFORE WEDDING PAGE 9

SASKATOON metro®

Wednesday, May 23, 2012

News worth sharing.

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Shooting has out-of-province connections

Downtown homicide. Police have four people — three of them from outside Saskatchewan — in custody on firearms charges

MORGAN MODJESKI
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As details unfold surrounding the city's third homicide of 2012, an out-of-province theme is surfacing.

Saskatoon police have identified the victim of Monday morning's shooting as 31-year-old Macdonald Ogbonna George from the Etobicoke area of Ontario. He had moved to Saskatoon a few months ago.

The suspects in the shooting, three men and one woman, appeared in provincial court Tuesday and are facing a number of firearms charges after police apprehended them while allegedly fleeing the area of the scene in the 200 block of 2nd Avenue South.

Saskatoon police started the investigation into the city's third homicide of 2012 on Monday morning. MORGAN MODJESKI/METRO

The men are from out of province: Hanad Mohamed Farah is from Edmonton, Zakaria Ahmad Mahamod resides in Toronto and Shamsa Abdulkadir Noor is from Ontario.

Lauren Garand is from Saskatoon.

All are facing a number of firearms charges, including possessing a loaded prohibited firearm without having authorization to do so, being an occupant in a motor vehicle while knowing a firearm is present and transporting the handgun in a dangerous fashion.

Senior Crown prosecutor Melodi Kujawa said the charges are "very serious," but noted there have been no murder charges laid at this time.

Farah was on a recognizance out of Alberta for a break-and-enter into a dwelling.

All four are due back in court Wednesday at 10:30, but Kujawa said they might not get a bail hearing during that appearance.

"That's always difficult to say," said Kujawa. "I don't know if they're going to be getting lawyers from out of Saskatchewan or not and sometimes that can take a bit of time.

"There's always an option of having a bail hearing tomorrow, but given they're out of province that may not happen."

Police are also asking for assistance from the public as the major-crimes unit is currently seeking information about the victim.

They said they've interviewed a number of witnesses and it's not uncommon for them to request help from the public.

Senior Crown prosecutor Melodi Kujawa speaks to media outside of Saskatoon's provincial courthouse on Tuesday. MORGAN MODJESKI/METRO

Royals in Saskatchewan

As Regina hosts the Royal couple today, the province celebrates its relationship with the Crown PAGE 2

Talking football

CFL chief Mark Cohon reveals his thoughts on the draft, including the recent Ben Heenan announcement, and the league's future PAGE 3

Calm down, says Hezbollah

Leader of Lebanon's Shiite militant group Hezbollah appeals for calm Tuesday after roadblocks, protests and kidnappings PAGE 5

Get off the beaten track

Spend the night in a plane, crane or a castle on your next vacation using these Top 5 off-beat places as your starting point PAGE 10

Life beyond the burger

We've found the beef — and it's inside these flaky stroganoff muffin pies. See why they really are the best of both worlds PAGE 11

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NEWS

On the web

Cuba's web access trudges along

More than a year after an underwater fibre-optic cable promised to end Cuba's Internet isolation and boost the island's web capacity, Internet connections remain the slowest in the Western Hemisphere. Watch at metronews.ca.

Running au naturel

As more avid runners and casual athletes experiment with barefoot running, doctors say they are treating injuries ranging from pulled calf muscles to tendinitis to stress fractures, mainly in people who ramped up too fast. Watch at metronews.ca for more about Christopher McDougall, the man widely credited with sparking the barefoot-running trend.

Mobile news

Wondering who's going to win the European Championship? Just ask the pig. This year's answer to Paul the Octopus — the tentacled tipster who gained worldwide fame for his 2010 World Cup predictions — will likely be an enormous beer-loving pig. Scan the code to read about the psychic-seeming animals.

Connecting the Crown and Saskatchewan

Commonwealth. Province, which is hosting members of the Royal family once again, is celebrating its relationship with Crown

JANE CAULFIELD
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This year's royal visit from the Prince of Wales and the Duchess of Cornwall marks the 34th time members of the Royal family have visited the province since 1882.

Regina, also known as the "Queen City," has hosted members of the Royal family 27 times, while Saskatoon has shared the same honour 12 times.

Prince Charles first visited Saskatchewan in 2001, where he received a traditional Cree name: Kisikawpisin Ma Kamiyowahpahmikoot, meaning "the sun watches over him in a good way."

Queen Elizabeth II has visited Saskatchewan five times as a monarch, and once the year before her ascension to the throne.

This is the first time Camilla has been to Saskatchewan.

In an effort to recognize and celebrate the unique relationship between the Crown and the province, the government has launched an iPhone app, a series of YouTube videos and a special exhibit at Government House called From Palace to Prairie, which opens Saturday.

There will also be events throughout the year, including an academic conference in October that will examine the institution of the Crown in Canada.

This initiative echoes the Commonwealth theme of this year, which is Connecting Cultures.

Charles and Camilla are touring select cities in Canada as part of the Queen's Diamond Jubilee, celebrating the 60th anniversary of her ascension to the throne in 1952.

Their visit to Regina is only a day long, and their back-to-back itinerary leaves little time for the couple to rest.

As Charles is known to have strong interest in entrepreneurship as well as the environment, part of their day includes a tour of Ground Effects Environmental Services and a demonstration of their cutting-edge water-treatment technology.

They will also be present at the legislative assembly to unveil a plaque in honour of the 100th anniversary of the building.

Follow Jane Caulfield on Twitter @janecaulfield

Royal itinerary in Regina

- **11 a.m.** — Official arrival in Saskatchewan at the Saskatchewan Legislative Assembly Building
- **12:15 p.m.** — Reception hosted by the lieutenant-governor of Saskatchewan at Government House
- **1:30 p.m.** — Tour of First Nations University
- **2:45 p.m.** — Tour of Ground Effects Environmental Services
- **4 p.m.** — Prince Charles meets with Prime Minister Stephen Harper
- **4:50 p.m.** — Prince Charles meets with the Governor General
- **7:10 p.m.** — Diamond Jubilee concert at RCMP Depot Division Drill Hall hosted by the Government of Canada
- **8:50 p.m.** — Official farewell to Canada and Saskatchewan ceremony

Prince Charles and his wife Camilla wave as they arrive at Queen's Park as the royal couple celebrate the 60th Queen's Diamond Jubilee anniversary in Toronto on Tuesday. NATHAN DENETTE/THE CANADIAN PRESS

Buying local with a click of the mouse

Curtis Coleman sits with a small selection of some of the locally grown vegetables available at his online grocery store, Fresh'n'Local. Coleman says that the niche market will give him the edge he needs for success. JANE CAULFIELD/METRO

Saskatoon has a new online grocery store. But unlike companies found in larger Canadian cities, freshnlocal.ca specializes in food and produce that is just that — fresh and local.

"I was managing Floating Gardens at the market and I noticed that people were commenting about how they really liked the product but couldn't necessarily come to the market every Saturday or Wednesday," said Fresh'n'Local owner Curtis Coleman.

Coleman, 26, has a keen sense for business and figured out how to meet the demand he was noticing at the market in a way that celebrates buying local and sustainable living.

Fresh'n'Local sources organic and/or fair-traded foods from 21 Saskatchewan farms and suppliers. After a simple online registration process, users can shop through the grocery store from the comfort of their own home.

Door-to-door deliveries happen every Wednesday afternoon or evening.

"We don't stock much. Everything is picked fresh the day before or the day of delivery," said Coleman.

Coleman wants the company to be as green as possible and adds a 20-cent fee to every delivery, which is donated to Planetair.ca in an effort to minimize the company's carbon footprint.

Coleman says he's pretty excited about the response he's received.

"It's the first delivery, and I've reached my net target," he says.

JANE CAULFIELD/METRO

Participation

For the inaugural delivery Coleman was aiming to have 15 households participating, and now he will be delivering produce, meat and dairy to 20 households.

For more local news visit metronews.ca/saskatoon

CFL chief talks about Heenan, the draft and the league's future

Building boom.
Attendance is up and new stadiums are under construction in Winnipeg, Ottawa and Hamilton

Roughriders CEO Jim Hopson announces Ben Heenan as the No. 1 pick in the 2012 CFL draft. MORGAN MODJESKI/METRO FILE

Mark Cohon, the CFL's 12th commissioner, signed a three-year extension in November to remain the league's top official.

He became the league's boss in April 2007. Over the past five years, the CFL has enjoyed a resurgence in most cities, with attendance hikes, strong corporate partnerships, drug and safety initiatives and a groundbreaking television deal.

In a recent interview, Cohon, 45, discussed a variety of topics as the league embarks on one of its most ambitious seasons ever, including why he allowed Saskatchewan to announce its No. 1 draft pick — Saskatchewan native Ben Heenan — five hours before the draft went live on television.

"When I first became commissioner, we did the draft in my office on the Internet," Cohon said. "But the way our draft is now held, it's put more pressure on our GMs and coaches to draft the right players. Now, fans know these players because we've been promoting them leading up to it."

As for why the Roughriders were allowed to go public so soon: "It was in the home province of Ben Heenan," Cohon said. "It was very moving for him and his family. It was important for the team and it was important for the community.

"This was a unique situation. We had a hometown boy in front of his family and at his university with 2,000 people at a breakfast that morning."

As it turns out, Cohon said TSN also liked the early announcement idea.

"They could build upon it and create a good story leading into the draft. We wouldn't have done it had they not gone with the hometown guy. We wouldn't have allowed it if there had been a trade leading up to it."

As Cohon looks to the future, he appears to have total confidence in the CFL and expects it to be even stronger when his term ends in 2015.

"Last year was the first time all eight teams were under the salary cap and that has led to parity and a more competitive product," Cohon said.

"I believe that will continue. We will have fans sitting in brand-new stadiums in Winnipeg, Ottawa and Hamilton. Hopefully, construction will have started in Regina. We will have a new television deal and a strong collective bargaining agreement for our owners, our players and our fans."

In terms of financial stability for the league, Cohon says a strong team in Toronto — where the 100th Grey Cup will be played this year — will contribute greatly to the overall health of the CFL.

"We definitely need a strong Toronto team. But 15 years ago, people were doing telethons in Winnipeg and Regina. Now, they're the CFL's most profitable teams," he said. "Toronto has a great opportunity to take advantage of the 100th Grey Cup. It could be a very exciting season for their fans."

METRO/WITH FILES FROM TORSTAR NEWS SERVICE

Ready for their closeup

"This year's draft got more media attention in addition to dialogue among our fans. Maybe we'll go to prime time next year as a test."
Mark Cohon, CFL commissioner

Since Mark Cohon took over as commissioner in 2007, the CFL has enjoyed a resurgence in most cities. NATHAN DENETTE/THE CANADIAN PRESS FILE

Huskie athletics

Soccer-academy grads joining U of S men's team

Three local players are set to join the University of Saskatchewan Huskie men's soccer squad.

Carson Macdonald, a centre-back from Centennial High School, Mathew Gillott, a left-back from St. Joseph High School, and Mitch Bauche, a centre-midfield from Holy Cross High School, have committed to play with the Huskies in the 2012 season.

Head coach Bryce Chapman said the team is pleased with the additions. "They bring a great level of excellence both on the field and in the classroom," he said in a release.

All three trained with the HUSA Soccer Academy Program for the past three years.

The release said the Huskies will continue to prepare for the Canada West regular season with the schedule to be announced in June. METRO

Surgical initiative

Surgery wait times much improved, province says

The Saskatchewan Surgical Initiative (SkSI), aimed at reducing surgery wait times, is working, the province says, noting that 97 per cent of surgeries in Saskatchewan were completed in the target time of 12 months.

The SkSI's second-year progress report shows the wait time for surgery has decreased, as data reveal a 91 per cent drop in the number of patients waiting more than 18 months for surgery.

Health Minister Don McMorris said he was pleased with the results.

"We're proud of the progress made so far on our ambitious but attainable goal of providing sooner, safer, smarter care for patients," he said in a release. The SkSI has reduced the number of people waiting for surgery by some 6,000 in the past two years and the province says there are 21,500 people awaiting operations. METRO

Quick response

Cause of $10K fire still unknown, officials say

Damage caused by a garage fire on 27th Street West early on Tuesday morning has been estimated at $10,000.

Fire and Protective Services said three engine companies from Station 1 and the aerial-support unit responded to a report of a structure on fire. The time was about 2:50 a.m.

When firefighters arrived at the scene just over two minutes later, they found a garage-sized storage shed on fire, with the blaze threatening several nearby houses.

Crews worked quickly and had the fire under control within about four minutes after they arrived. They were on the scene for an hour and 10 minutes.

There were no injuries and the cause of the fire is not yet known. METRO

Bus beheader thought man was an alien: Backer

Supporter's story. Greyhound attacker speaks out in an interview with head of the Manitoba Schizophrenia Society

Vince Li has been granted the right to escorted trips outside a mental hospital. THE CANADIAN PRESS

A supporter of the man who beheaded a fellow passenger on a Greyhound bus in Manitoba says the man thought he was attacking an alien.

The attacker, Vince Li, has given an interview to Chris Summerville, head of the Manitoba Schizophrenia Society, who says Li has been treated unfairly by the public and the media.

Summerville says Li told him he heard voices that said fellow passenger Tim McLean was an alien who had to be killed to protect other passengers.

Li is a schizophrenic and was found not criminally responsible for the crime.

He has been confined to a mental hospital, but last week was granted the right to escorted trips off the hospital grounds and into Selkirk, Man.

Summerville says Li told him during the 45-minute interview that he understands the importance of staying on medication and would like forgiveness from the victim's family.

Li took out a knife and attacked McLean, a stranger and young carnival worker who was sitting beside him on the bus, in July 2008.

McLean had his eyes closed and was listening to music on his headphones when Li suddenly stood up and started stabbing him.

As the bus stopped and horrified passengers fled, Li carved up McLean's body and ate portions of it.

A Criminal Code review board ruled that Li's treatment team may grant him short escorted trips into Selkirk.

The review board says the passes will start at 30 minutes and increase incrementally to a maximum of full days.

Li will have to be escorted at all times by a staff member and a security officer.

"It's terrible. It's disgusting," Nadine McLean, the victim's stepmother, said after she had learned about the decision.

THE CANADIAN PRESS

As fine Canucks, they'll take some licking

Michael J. Fox, Rick Hansen, Sheila Watt-Cloutier and Louise Arbour are being honoured in a series of "difference-maker" stamps. Canada Post says the four stamps will be the first in a new series recognizing Canadians who have inspired others with their work. Fox is honoured for raising awareness and funding for the treatment of Parkinson's disease; Hansen's foundation supports spinal-cord injury research; Watt-Cloutier's work for aboriginal and human rights is marked; and Arbour is acclaimed for serving as a Supreme Court judge and UN high commissioner for human rights. THE CANADIAN PRESS

Paris, New York join students' 100th day of anger

Red spells defiance: A protester with a painted face takes part in a Montreal rally on Tuesday. RYAN REMIORZ/THE CANADIAN PRESS

A river of red-clad protesters rippled through downtown Montreal on Tuesday to mark the 100th day of Quebec's student strikes.

Parallel events were organized in New York, Vancouver, Calgary and Toronto.

In France, a few hundred people, including many Quebecers, congregated near Paris' famous Notre Dame Cathedral.

There were two demonstrations scheduled in New York: One at Rockefeller Plaza where Quebec government offices are located, and another at Washington Park.

In Montreal, tens of thousands of people clogged the city core in a festive, multi-headed march designed to make a mockery of a new provincial law that demands protest routes be approved in advance.

Even a famous provincial politician, Independent MNA Pierre Curzi, joined the crowds that strayed off the announced path in a mass demonstration of defiance against the law.

Organizers said the crowd size rivalled the massive protests held the two previous months, on the 22nd of each month.

The events came several days after the Quebec government introduced a law imposing new conditions on protests with stiff financial penalties for transgressors — a move that appears to have fanned the flames of the Quebec student movement.

"An increase in the powers of police and the state anywhere is an attack on us everywhere," said the release for the New York event.

THE CANADIAN PRESS

Unions pay up

Out-of-province money is flowing to Quebec's student activists.

- Trade unions based outside Quebec have confirmed depositing some $40,000 into the bank accounts of Quebec's largest student federations. This has helped pay for needs such as buses and food during demonstrations.

Liftoff. Canadarm will play 'Gotcha!' in space

The iconic Canadarm is all set to perform a tricky "cosmic catch."

The giant arm on the International Space Station will be used to grab the Dragon capsule — the first privately built spacecraft to visit the orbiting space lab.

The unmanned Dragon launched Tuesday from Florida atop a Falcon 9 rocket and is expected to dock with the station in a few days.

Canadarm2 will perform the "cosmic catch" when the space capsule comes within eight to 10 metres of the station.

To avoid the risk of collisions, the space station — which is the size of a football field — must keep its distance from any vessels that bring up supplies. So the Canadarm will help the Dragon capsule dock safely. Then the food and supplies on board will be unloaded.

THE CANADIAN PRESS

Construction. Probe won't pull punches: Chief

A public inquiry into Quebec's construction industry will be "totally impartial and independent," its leader vowed Tuesday.

"Nobody can tell (the inquiry) what to do, whom to interrogate or how to investigate," Charbonneau commission president France Charbonneau said in Montreal.

The commission will look into allegations of corruption involving construction firms, local and provincial governments, political parties and even organized crime.

A recurring theme in recent allegations has been that elected officials benefited from kickbacks, raising questions about the financing of Quebec's political parties.

There have also been allegations in news reports that Quebecers consistently overpay for public-works projects because of collusion scams.

THE CANADIAN PRESS

Elections. Ex-pats fight feds over ban on voting

A law stripping voting rights from more than a million expatriate Canadians who have lived abroad for more than five years should be struck down as unconstitutional, says a legal challenge served on the federal government.

The new application, filed in Ontario Superior Court on behalf of two Canadians living in the United States, argues the five-year rule in the Canada Elections Act is arbitrary and unreasonable.

"I was very surprised to learn that I have no voting rights, that I have no capacity to interact with my government formally," said Gillian Frank, 33, who lives in Brooklyn, N.Y.

Jaimie Duong, 28, of Ithaca, N.Y., said he was "shocked" to learn he couldn't vote in last year's federal election.

Duong said he is in the U.S. because that's where he found work, and he remains deeply connected to Canada.

THE CANADIAN PRESS

White supremacist

Farm worker found guilty of murder

A court found a black farm worker guilty on Tuesday of murdering Eugene Terreblanche, a white supremacist, with an iron rod in 2010 in rural South Africa. A younger farm worker was acquitted of the murder. THE ASSOCIATED PRESS

South African art

Zuma seeks ban

South African President Jacob Zuma and his African National Congress sought a court order Tuesday to have a painting depicting the president's genitals removed from an art gallery, but two men took matters into their own hands by defacing the portrait with gobs of paint.

The case pits freedom of expression against the right to dignity, both guaranteed by South Africa's constitution.

The painting by Brett Murray went on display in a Johannesburg gallery this month and came to the ANC's attention a week later, after local media reported it had been sold. THE ASSOCIATED PRESS

Suicide bombing

Yemen mourns on National Day

Yemenis held sombre ceremonies Tuesday to mark the country's National Day following a suicide bombing a day earlier that killed nearly 100 soldiers and deeply shook many people's faith in the nation's future. THE ASSOCIATED PRESS

Diverted flight

Passenger claims implanted device

A US Airways jet travelling from Paris to North Carolina was diverted to Maine on Tuesday after a French passenger gave a note to a flight attendant saying she had a surgically implanted device, raising security concerns. THE ASSOCIATED PRESS

London Olympics

Royal relative to carry torch

London Olympic organizers say Zara Phillips, the granddaughter of Queen Elizabeth II, will carry the Olympic torch while riding Toytown — the horse that nearly helped her win a berth for the Beijing Olympics. THE ASSOCIATED PRESS

Hezbollah appeals for calm after kidnapping, protest

Lebanon. Rebels intercept vehicles and abduct 11 Lebanese Shiites, sparking outrage

The leader of Lebanon's Shiite militant group Hezbollah appealed for calm Tuesday after people blocked roads and burned tires in Beirut to protest the kidnapping of 11 Lebanese Shiites in neighbouring Syria.

The abductions, in Syria's northern Aleppo province, threatened to ignite dangerous sectarian tensions and fuelled fears that Lebanon is getting drawn into the chaos next door.

The Lebanese were on their way home from a religious pilgrimage in Iran when Syrian rebels intercepted their vehicles, Syria's state-run SANA news agency said. The rebels abducted the 11 men and a Syrian driver. The women were released.

Lebanese security officials confirmed the kidnapping.

As the news of the kidnappings spread, residents of the southern suburbs of Beirut, a Shiite area, took to the streets and burned tires and blocked roads in protest.

The leader of Hezbollah, a strong ally of the Syrian regime, appealed for calm and warned his followers against revenge attacks targeting Syrians.

"This is strictly prohibited," Sheik Hassan Nasrallah said in a televised speech. He said the Lebanese government must press for the pilgrims' release.

The spark for the violence was the killing Sunday of Sheik Ahmed Abdul-Wahid, an anti-Syrian Sunni cleric, and his bodyguard in northern Lebanon. A Lebanese soldier shot the men, apparently after they failed to stop at an army checkpoint. The killing fuelled deep anger over the perceived support of some of Lebanon's security forces for the Syrian regime. THE ASSOCIATED PRESS

Mourners react Monday during the funeral procession of Sunni cleric Sheik Ahmed Abdul-Wahid — who was shot at a Lebanese army checkpoint — in his hometown village of Beireh in Akkar, north Lebanon. Abdul-Wahid's death sparked deep anger in Syrian rebels, who went on to abduct 11 Lebanese Shiites.
HUSSEIN MALLA/THE ASSOCIATED PRESS

Court sentences cops for killing protesters

Egyptian protesters demand the release of fellow activists who were detained in Cairo on May 6, during the army operation that dispersed a protest in front of the Ministry of Defense. NASSER NASSER/THE ASSOCIATED PRESS

An Egyptian court sentenced five policemen to 10 years in prison in absentia on Tuesday for killing protesters, in a rare conviction of security officials accused of using deadly force against the demonstrations that overthrew Hosni Mubarak in 2011.

Typically, defendants who do not appear in court are automatically convicted, but will also receive a new trial once apprehended.

However, families of slain protesters attending the court session counted the convictions as a victory. They broke down in tears and chanted "God is great!" in a show of relief.

Until now, out of the nearly 200 policemen and security officials who face charges related to the killing of protesters in 2011, one was convicted in absentia. When he had a retrial, he received a one-year suspended sentence.

Others are still standing trial, including Mubarak himself.

A verdict in his case is expected next month.

Out of the 17 defendants who appeared on Tuesday before the Giza Criminal Court, two others received one-year suspended sentences while 10 other policemen were acquitted.

The 17 were charged in relation to the killing of five protesters and the injury of 17 others in front of three police stations during Egypt's 2011 uprising in Giza, Cairo's twin city.

More than 800 protesters were killed during the upheaval that forced longtime ruler Mubarak to step down. Many died from gunshot wounds sustained in clashes outside police stations.

Many Egyptians accuse authorities of failing to adequately investigate what happened during the 18 chaotic days of street protests in January and February 2011, or to hold those responsible for killing protesters to account.

Some critics say it is because the investigating prosecutors were loyal to the old regime and intentionally brought to court cases that lacked adequate evidence.

Others say that most of the policemen facing trials were in fact acting in self-defence, and were protecting police stations attacked by crowds during the uprising.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
97.87¢
(-0.09¢)

TSX
11,451.78 (+171.15)

OIL
$91.66 US (-91¢)

GOLD
$1,576.60 US (-$12.10)

Natural gas: $2.707 US (+9.8¢)
Dow Jones: 12,502.81 (-1.67)

Aviation

Transat selling airport-services unit to Servisair

Canadian tour operator Transat A.T. is selling its airport-services unit called Handlex to Servisair Holding Canada Inc. for an undisclosed sum as it focuses on efforts to restore profitability.

The 1,200 employees at Handlex provide airport ground services, including passenger reception and check-in, baggage- and cargo-handling, aircraft cleaning and ramp services.

Servisair provides aviation ground services in 118 locations worldwide and currently has about 15,000 employees.

THE CANADIAN PRESS

Air Canada

Airline workers opt for arbitration in labour dispute

Air Canada's mechanics and baggage handlers are joining the airline's pilots in moving to arbitration to resolve their outstanding labour dispute after talks failed to reach a new contract.

The airline said Tuesday it had completed a 10-day negotiation phase with the International Association of Machinists and Aerospace Workers, which represents 8,600 members at Air Canada.

The airline described the talks as constructive, and said progress was made in some areas. It said both sides will now prepare final offers to arbitrator Michel Picher.

THE CANADIAN PRESS

Tighter mortgage rules not enough to cool market: OECD

Real estate. OECD suggests Bank of Canada raise interest rates this fall with a target of 2.25 per cent

Moves by the federal government to tighten mortgage-lending rules aren't doing enough to cool the housing market in the hottest regions in the country, the Organization for Economic Co-operation and Development said Tuesday.

OECD senior economist Peter Jarrett said while some areas will benefit from the changes, red-hot markets like Toronto are unaffected by the more restrictive rules.

"The risks are that people put too many eggs in one basket," Jarrett said in warning that low rates entice homebuyers to borrow more than they can sustain at higher rates.

The posted rate for a variable-rate mortgage at Canada's big banks stands at prime plus 0.2 percentage points, or roughly 3.2 per cent.

"If rates go up something like we are suggesting, then mortgage rates will be in more like the five per cent range," Jarrett said.

Rate risks

"The risks are that people put too many eggs in one basket."

OECD senior economist Peter Jarrett, warning that low interest rates entice homeowners to borrow more than they can afford.

The OECD has suggested the Bank of Canada begin to raise interest rates this fall with a target of 2.25 per cent by the end of next year, up from one per cent, where it has stood since September 2010.

"We feel that at least in the hottest real estate markets, particularly Toronto, that that would be a good signal that people should think twice about continuing to leverage up in order to buy more house than maybe they really need," Jarrett said.

The Paris-based international-development body recommended last year that the Bank of Canada look to start raising interest rates, but it was ignored as the European sovereign debt crisis rocked the global economy and prompted the central bank to remain on hold.

Jarrett said as long as the European sovereign debt crisis doesn't explode again this summer, higher rates will be justified.

Bank of Canada governor Mark Carney and Finance Minister Jim Flaherty have both warned Canadians repeatedly that higher interest rates are coming as rates have lingered near historic lows for years.

The central banker has said that record-high household debt is the No. 1 domestic risk to the economy.

For his part, Flaherty has tightened mortgage-lending rules three times in recent years, including reducing the maximum amortization period and hiking the minimum down payment.

Canada Mortgage and Housing Corp. and the Office of the Superintendent of Financial Institutions have also tweaked the system and may be preparing to do more.

THE CANADIAN PRESS

Scheming rings around the Olympic brand

People walk past the Café Lympic in Stratford, east London. One day, the small espresso shop near the site of the London Games was the "Olympic" café. The next day, it was the "Lympic." So where did the O go? The manager won't say. But it's more than likely the small business became another casualty in the battle against guerrilla marketers — advertisers who try to associate their products with an event without paying to be sponsors. Protecting the Olympic brand is always a big job, and never more so than this year. Olympic organizers say the increasing sophistication of guerrilla marketers and the rise of social media are putting the five rings under assault in ways barely envisioned a decade ago.

MATT DUNHAM/THE ASSOCIATED PRESS

Facebook's stock slide deepens

Facebook's newly public stock offering's value slid further on its third trading day as investors reconsidered how much the social network is actually worth.

The company's long-anticipated initial public offering of stock raised $16 billion US, valuing the company at $104 billion — more than Amazon.com, at $98 billion.

But Facebook's stock has plunged after the IPO.

On Tuesday it closed down $3.03, or 8.9 per cent, from Monday at $31.

Google, meanwhile, is worth nearly $200 billion.

The downward spiral has left some people sitting on big losses and others scratching their heads. After all, nothing fundamental has changed at Facebook in the days since the much-hyped company emerged on the Nasdaq Stock Market with a ticker symbol of FB.

Facebook still has more than 900-million users, its 28-year-old founder Mark Zuckerberg controls the company, and it is still one of the few profitable Internet companies to go public.

Facebook's IPO — like Netscape's in 1995 and Google's in 2004 — was billed as a milestone moment. But investors don't seem convinced.

Facebook's stock closed Monday at $34.03, down 11 per cent from Friday's closing price of $38.23. The investment banks that arranged Facebook's offering set a price of $38 on Thursday.

Although many investors had hoped for a big first-day pop, Facebook's stock opened Friday at $42.05 and fluctuated between $45 and $38 throughout the day.

THE ASSOCIATED PRESS

Market muddle

For a host of reasons, Facebook's falling share price shouldn't have been a surprise.

- Its IPO occurred the same week that the markets posted their worst performance so far in 2012.
- Americans' love affair with the stock market continued to wane. People have yanked more than $400 billion from U.S. stock mutual funds since 2008.

Television. Ad zapper annoying the networks

The maker of a new DVR that lets consumers zap away broadcast TV commercials at the touch of a button suggested Tuesday that the networks are being short-sighted in opposing the technology.

The Dish Network, which has offered its Auto Hop feature on new digital video recorders sold in the U.S. since March, said it believes that people who buy the machine are watching more network television than they had before.

The Auto Hop automatically records every minute of prime-time programming on ABC, CBS, NBC and Fox and stores it for eight days.

"It's a win-win for both consumers and the networks," said Vivek Khemka, Dish Network's vice-president of product management.

That opinion is anecdotal, however. Dish officials say they don't yet have hard data to back up the contention that more of their customers are watching network shows because they are automatically stored on their DVR. The DVRs are not available in Canada. THE ASSOCIATED PRESS

ZUCKERBERG'S ALL TIED UP

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Mark Zuckerberg is 28 years old.

Over the weekend, he got married to his longtime sweetheart, Priscilla Chan.

Oh, and his company went public. It's called Facebook and it's now worth about $93 billion US, and Zuckerberg himself is worth about $19 billion.

What did you do this weekend?

The crazy thing for Zuckerberg is that it really only begins to get interesting. Now he has shareholders and a wife. Welcome to accountability, kid.

Most of what I know about Zuckerberg I learned from that movie The Social Network, which made him out to be the worst kind of manipulative nerd, who stole the whole Facebook idea from the Winklevoss twins, two hunky Harvard Olympic-class characters who have made a career out of being victimized by Zuckerberg. Nice work if you can get it.

But however it started, in exactly eight years, Zuckerberg has managed to turn Facebook into the world's largest social network with 901 million active users. In June 2011, Facebook reached one trillion page views, making it the most-visited website in the world. How long before it passes a bazillion?

Sweating it

On the eve of the IPO, he wore a hoodie while meeting with all the investment houses that were about to handle the offering.

Friday's initial public offering raised $16 billion, though it's not all roses. The stock is falling from its opening-day price of $38, and a lot of investors who thought they were going to buy and then flip the stock after Day 1 find themselves owning shares of a … website, albeit the world's most visited.

I have a website. It's called breakthroughpr.com. It's yours for a mere billion. Or a million. OBO.

I also have a Facebook account with 158 friends and, I admit, it's getting away from me. I mean, who is Abutu Joseph Ejima and why does he want to be my friend?

Zuckerberg has more than 14 million subscribers, which is the lowest order of friend. I'm one of them.

Facebook is everywhere, including in your head, even if you're a little kid. Although membership is restricted to kids over 13, Consumer Reports estimates there are 7.5 million kids under 13 with a Facebook account, violating the rules. Do you know what your kids are doing on Facebook? Do you even know your kids are on Facebook?

Speaking of kids, Zuckerberg is still doing the kind of stuff that is sure to prompt a sequel to The Social Network: The Nerd Stumbles. For instance, on the eve of his IPO, he wore a hoodie while meeting with all the investment houses that were about to handle the offering. Very bad timing. And then General Motors pulled all its ads from Facebook. Very bad news.

Speaking of marriage, we hope that Facebook doesn't crater Zuckerberg's. The site has already been implicated in more than one-third of last year's divorces, as it only takes a few clicks to become romantically entangled. It would be ironic if Priscilla caught Mark messing with a "subscriber" in a bricks-and-mortar no-tell motel.

Still, he wore a tie at his wedding, which means he's more accountable to his wife than to Wall Street. That's what being grown up is all about.

Mark Zuckerberg GETTY IMAGES

Peak time for sun-seekers

HARRY LICHTMAN/SOLENT NEWS & PHOTO AGENCY

Landscapes

Sunrise turns peak into fiery beacon

It looks like Photoshop has bedazzled this humble mountain with a shimmering orange glow. But, in truth, this vibrant colour is all natural, claims one intrepid photographer.

Harry Lichtman captured this scene at Glacier National Park in Montana the moment the peak was bathed in sunrise light.

METRO WORLD NEWS

Harry Lichtman, 47, photographer from New Hampshire. CONTRIBUTED

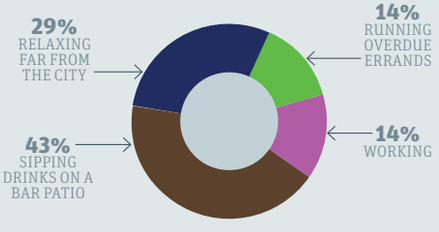
Lichtman talks

- **Hit or miss.** "The photo is of Grinnell Point, a mountain face in Glacier National Park, Montana. That morning started out stormy and cloudy, which can be magical or a real dud. It can be hit or miss, which is why a photographer must make the effort to be at a location and ready. I kept looking behind me, checking to see if there was a hole in the eastern horizon that the sun might break through. In the end, this is what makes the shot unique since the peak stands out from the rest of the landscape and becomes a real focal point."
- **Clues to the hues.** "The red is due in part to the warm incandescence of the rising sun, but also to the rock composition and colour. It's a sedimentary rock composed of argillite and quartzite, which is reddish-brown. You can see the evergreen trees in the left centre of the shot turning red from the sun at the sun-shade boundary."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How did you spend the long weekend?



Twitter

@ClutterNinja:
Rainy day in #yxe, perfect day to stay indoors and organize a closet or other space. Clear clutter, clear the mind!

@TDellerCBC:
Take an umbrella, Tweeps! Showers, 10-20mm of rain, and thunder possible today. Highs: 15 #YQR 13 #YXE today. #WakeUpWeather

@ColleenMacP:
What is it that's so important for crows to caw about outside my window at 5:15 am? Another early morning in #yxe

@cherihamilton1:
Holy Tired Batman. Would love to see some later flights outta #yxe

@Claire_MP:
I only stayed up late because here I thought we were getting a thunder storm. Lies! #yxe

metro

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SCENE

New age stalking

Did someone hack into Selena Gomez's facebook page?

Britain's judiciary says that a 21-year-old sentenced last week for hacking into a U.S.-based Facebook account accessed the page belonging to teen actress Selena Gomez, who is the girlfriend of pop idol Justin Bieber. Gareth Crosskey was jailed for 12 months Wednesday after pleading guilty to crimes under Britain's Computer Misuse Act. His victim wasn't identified at the time, but The Sun newspaper named her as Gomez. The tabloid said Crosskey posted the words Justin Bieber sucks to her Facebook page, prompting a torrent of abuse from the Canadian singer's fans. It also said Crosskey claimed to have intercepted messages between the pair. Britain's Judicial Official on Tuesday confirmed that The Sun's story was accurate. Gomez's U.S.-based representatives did not immediately return emails.

THE ASSOCIATED PRESS

On the web

Agents Smith and Jones talk alien attraction of their partnership as Men in Black returns

Movie monster mash-ups

Could Abraham Lincoln: Vampire Hunter spark a gore-addled revisionist-historical-fiction-movie trend? Another of author Seth Grahame-Smith's works, Pride Prejudice and Zombies, which adds a brain-eating wrinkle to Jane Austen's corsets-and-crumpets chick-lit standard is already in development. To speed this nascent genre along (and send history buffs into hysterics) we've concocted a few more viable monster mashes.

MIKE DOJC
scene@metronews.ca

History meets the supernatural in Abraham Lincoln: Vampire Hunter. CONTRIBUTED

Romeo + Juliet + Chupacabra

Romeo crashes a bash at the Capulet mansion and his heart starts beating out of his chest when he catches sight of fair Juliet. That night on her balcony she reveals that Romeo also makes her heart go pitter-patter. Unbeknownst to the star-crossed teenaged lovers, a lurking chupacabra with a real soft spot for humans who speak in iambic pentameter feels thrills through his veins at the thought of frolicking through the streets of Verona with both Juliet and Romeo in his arms. Smitten, the chupacabra is willing to slay every peripheral character in the story from Tybalt to Lady Montague to make it happen. Starring: Taylor Swift, Michael Cera and Zach Galifianakis.

Anne of Green Ogres

Spinster Ogre siblings who run a fishing outfit in PEI adopt an adolescent orphan to help catch more lobsters. While they had bargained on a boy, Anne's happy-go-lucky personality charms their warts off and they keep her. At school she gets loads of double takes from the guys because of her carrot-orange locks. All the other young ogres' hair is vomit green. When an infatuated classmate yanks at her braids and calls her "five alarm fire hot," she bashes a blackboard over his head and the seed of young love is planted. There's literally thousands of pages worth of similarly quaint coming of-age-school hi-jinks in the source material. Five sequels and a hundred foreign language adaptations later, they will consummate their marathon courtship and actually hook up. Starring: Emma Stone and Andrew Garfield.

Spartacus: Swords, Sandals and Succubus, Too

The gladiator lifestyle is really the pits. There's the sparse wardrobe — nothing but ill-fitting sandals and unlaundered loincloths, coupled with the grim odds they face every time they enter the arena. Bookies in Capua taking five denari win, lose or draw wagers on your hide (hardly veiled code for live, die or end up severely mangled) can take a toll on the soul. Remarkably, subjugation by the Romans and horrid hygiene are the least of the Thracian's woes when his dominus's housekeepers-with-benefits turn out to be succubi. Will Sparty free his fellow gladiators or fall prey to the charms of the lusty she-demons? Starring: Daniel Craig and Kate Upton.

Dances with Werewolves

While manning a frontier outpost, a Union lieutenant befriends a Native American tribe who harbour a furry little secret. You'd think the introduction to tribal elders Barks at the Moon and his brother Runs with Team Jacob would be a tip-off but it's not until the clueless soldier falls head over hind legs for a bright eyed medicine woman who goes by Shapely Shifter that he has his I'm in love with a Lycan "a-ha" moment. After four excruciating hours of watching the protagonist go hunting with the pack and acclimating to the lifestyle, we wait with baited breath, as the soldier must finally decide whether he should become a Wolfman himself. Starring: John Hamm and Moon Bloodgood.

Frost/Nixon/ Abominable Snowman

Tricky Dick decides to break his post-Watergate silence by agreeing to a series of interviews with lightweight British talk show host David Frost. During the first couple of tête-à-têtes, Frost fails to get the disgraced former president to come clean. Before their last session Nixon accidentally drunk dials Frost and reveals that when he eats too much cottage cheese he transforms into a giant Yeti. Desperate, Frost uses this seemingly fanciful tidbit to turn the tables on their psychological brinksmanship by serving Dick some blintzes. It works and he gets a snow-white, 12-foot-tall Nixon cop to not only admit to letting down the American people, but also his nephew Bigfoot. Starring: Jude Law and Tommy Lee Jones.

Prince William talks wedding jitters and his destiny as King

Prince William

Prince William admits he didn't get much rest the night before his wedding last year. "(The crowds) were singing and cheering all night long, so the excitement of that, the nervousness of me and everyone singing — I slept for about half an hour," William says in an interview with ITV for a documentary about his grandmother, the Queen. And as for his destiny of eventually taking the throne as King of England, he admits he's resigned to his fate.

"There's not that much wriggle room left for me to try and find my own path, but I will do. It's just a matter of learning what's gone before me," William says.

John Travolta

Accusers' lawyers fighting in John Travolta fiasco

The John Travolta sexual assault allegations are taking a strange turn, with lawyers on the side of the accusers now fighting with each other. Okorie Okorocha, the lawyer who originally represented the first John Does to accuse Travolta of unwanted sexual advances, is now suing Gloria Allred, claiming she is stealing his clients, according to Hollyscoop. "Mr. Okorocha's lawsuit will be met with a counterclaim for defamation," Allred says in a statement.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Celebs call out Chris Brown's performance

THE WORD
Monica Weymouth
scene@metronews.ca

Chris Brown appeared to lip sync his way through his Billboard Music Awards performance on Sunday evening, and it didn't escape the notice of his peers.

"One day if I lip sync I hope I do it as well as him," singer Pink tweeted as Brown performed a rendition of Turn Up the Music.

Mr. Pink, also known as Carey Hart, wasn't impressed either. "I'm pretty sure I saw my wife do that same performance, but she was three months pregnant and actually sang the song," he chimed in, also adding his professional opinion of the subpar BMX biking on stage.

This is getting brutal. Joe Jonas, what Tweet you? "What happened to people singing live???"

Here's the thing: the song was obviously lip-synced — and laughably poorly. But the performance is at least as important as the vocals for these shows, and Brown was far from the only one mouthing his way through a song that he probably had no business singing live.

But as for the fur-trimmed leather coat over a bare chest? No excuses.

Miley Cyrus says sex education key for youth

Miley Cyrus ALL PHOTOS GETTY IMAGES

Nineteen-year-old former Disney star Miley Cyrus thinks frank discussions about sex shouldn't be off-limits for kids. "Girls who base how much they're worth on the sexual favours they can do for somebody, that makes me really sad, because sex is actually really beautiful," she says during an interview for the Conversation with Amanda de Cadenet this week.

"It's ignorant to not talk to your kids about it or make it seem like it's not as cool or magical as it actually is. If (kids) have a TV, they know what sex is. Everyone knows, so educate them. Let them know that they wouldn't be here without it, and it is a beautiful thing, and it is magic, and it is when you connect with somebody and it isn't how much you're worth."

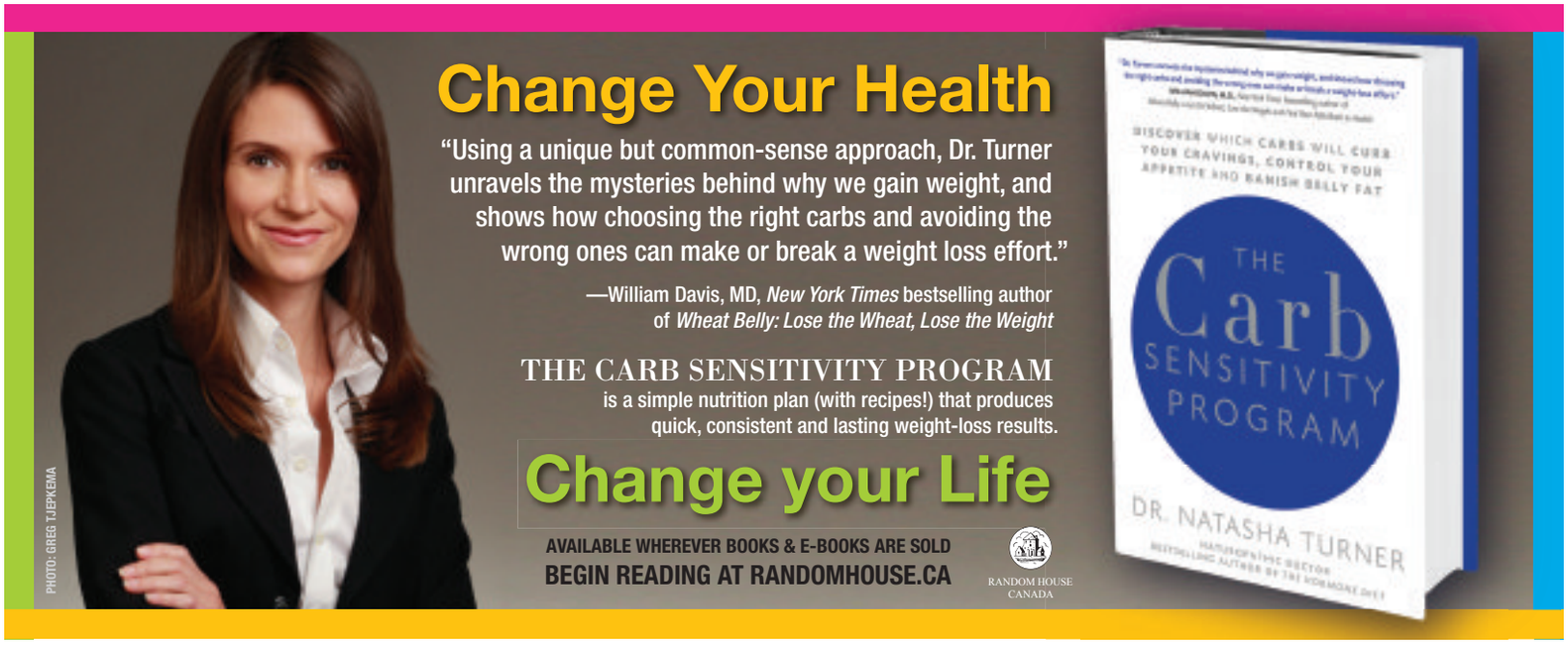
Twitter

@SethMacFarlane
Dear Hollywood: It's time to retire the "found footage" movie genre and start holding the camera steady again. I'm getting queasy.

@nicolerichie
I don't cry when I get my bangs trimmed, so I'm pretty sure I don't need therapy anymore

@kirstiealley
PS..since when do FedX guys come at 6:45 AM???

@alecbaldwin
Some of these restaurants are really just clubs that serve food...


Change Your Health
"Using a unique but common-sense approach, Dr. Turner unravels the mysteries behind why we gain weight, and shows how choosing the right carbs and avoiding the wrong ones can make or break a weight loss effort."
—William Davis, MD, New York Times bestselling author of Wheat Belly: Lose the Wheat, Lose the Weight
THE CARB SENSITIVITY PROGRAM
is a simple nutrition plan (with recipes!) that produces quick, consistent and lasting weight-loss results.
Change your Life
AVAILABLE WHEREVER BOOKS & E-BOOKS ARE SOLD
BEGIN READING AT RANDOMHOUSE.CA
RANDOM HOUSE CANADA
DISCOVER WHICH CARBS WILL CURB YOUR CRAVINGS, CONTROL YOUR APPETITE AND BANISH BELLY FAT
THE Carb SENSITIVITY PROGRAM
DR. NATASHA TURNER
PHOTO: GREG TUFFKEMA

3 LIFE

Travel in brief

Brazil eyes hotel price cuts

Brazil is taking steps to lower the spiralling cost of accommodations during the United Nations' upcoming conference on sustainable development, the office of Brazilian President Dilma Rousseff said Wednesday. The statement said the steps could bring reductions of more than 60 per cent for the cost of housing at the Rio+20 conference in Rio de Janeiro, where authorities faced sharp criticism for skyrocketing hotel costs and shortcomings in available rooms. As many as 50,000 people are expected to flood into Rio for the June 20-22 event even though the city has a hotel capacity of just 33,000 beds. Critics have accused the city's hotel sector of taking advantage of the spike in demand to charge exorbitant rates, often several times the normal prices. The statement from Rousseff's office said the company responsible for providing accommodations to conference participants, Brazilian tour operator Terramar Turismo e Eventos, was scrapping its 25 per cent management fee. In addition, hotels will no longer require guests to book a week-long stay, meaning delegates will be able to pay for only the nights they intend to stay, the statement said. That will lead to a 30 per cent to 40 per cent price cut for some delegates.

THE ASSOCIATED PRESS

On the web

Swords, helmets and armour all feature in a Montreal samurai exhibit

5 offbeat places to stay while on vacation

Tired of run-of-the-mill resorts and chain hotels? Why not try staying in a crane, plane or castle?

METRO WORLD NEWS
life@metronews.ca

Minimalist houseboat Brandenburg, Germany

After a heavy weekend in Berlin, you might want to consider a bucolic retreat at this floating houseboat. A short drive or train journey away from the city, this houseboat is moored on a lake in the leafy Brandenburg area but guests can take it on a cruise across the water. The simple houseboat is pleasingly designed with pine panelling, a comfy sofa and dining room table with incredible views through glass doors over the lake — even better, it's Internet, phone and TV-free. It sleeps two but can accommodate up to 10 for sunset cocktails around the barbecue on the veranda.

Price: From $188 per night.
Visit: 9flats.com

Boot and Breakfast, New Zealand

This fairytale retreat in the form of a giant boot, set in a hazelnut grove in the heart of the New Zealand countryside, is probably an acquired taste, but kitsch fans will relish its crazy form. They'll also be able to enjoy a relaxing stay here, too. The hosts keep the two-storey cottage stocked with fresh flowers, chocolates, candles and champagne. Their organic breakfasts, which are made with home-grown produce, can be eaten on the terrace, where guests are surrounded by fragrant flowers.

Price: $230 per night.
Visit: airbnb.com

Crane, Harlingen, Netherlands

Towering 17 metres above the pier in the historic town of Harlingen, in the Netherlands, this romantic haven with fabulous sunset views over the Wadden Sea is not one for the vertiginous. The crane was designed to move timber when it was built in 1967 and is now a bijou bolthole, complete with lift, king-size bed, free Wi-Fi, flat-screen cable TV and even a sundeck. Guests can even whizz the crane around themselves, choosing a sea or town view from a 360 panorama.

Price: From $427 per night.
Visit: wimdu.com

Rural castle, Halifax, England

Voted the U.K.'s most luxurious home by the viewers of TV home-talent show I Own Britain's Best Home, this five-bedroom faux-Norman folly may date back to 1860 but is equipped with all mod cons — including plasma TVs, indoor swimming pool, a full gym and a hot tub on the terrace. Next to a deer park in a valley between Leeds and Manchester, the leafy estate boasts private woodlands, landscaped gardens, its own lake and even a working water wheel.

Price: From $3,700 per night.
Visit: wimdu.com

Vintage Boeing 727, Costa Rica

If you've ever fantasized about reinventing the ending of Lost, perhaps it would go something like this: your favourite character transforms the plane into a luxurious, Costa Rican teak-panelled B&B and you go to stay in it. This vintage Boeing 727 is now home to a luxury haven with two air-conditioned jungle-view ensuite bedrooms, kitchen and dining area and perches on a 15-metre high pedestal on the edge of Costa Rica's Costa Verde II National Park. The hardwood terrace built over the plane's former right wing offers spectacular views of sloths lounging and monkeys frolicking in the jungle on one side, and crystalline waters lapping the white beach on the other.

Price: $411 per night.
Visit: airbnb.com

Drink of the Week

Toasted Almond Ice Cream Float

1. Preheat the oven to 350 F (180 C). Toast the almonds on a baking sheet until they are golden and fragrant, about eight minutes.

2. Place the yolks in a large mixing bowl, cover the bowl with plastic wrap and set aside until ready to use.

3. In a medium saucepan, bring milk, cream, salt, almonds, almond extract, and ¼ cup (50 ml) of sugar to boil. Turn off the heat and let steep at room temperature 15 minutes; return to a rolling boil.

4. Whisk remaining sugar into bowl with yolks until smooth. Gently temper yolks by slowly adding hot almond cream, while whisking constantly. Once completely combined, strain mixture through a fine-mesh sieve into a large metal bowl. Place bowl of ice cream base over another bowl of ice water and stir until cool.

5. Freeze mixture in an ice cream machine according to the manufacturer's directions until ice cream has a smooth, soft-serve-like texture. Store in freezer for four hours before serving.

6. To serve, fill four tall glasses with two or three scoops of Toasted Almond Ice Cream each, top with root beer, and serve immediately.

- 1 cup (250 ml) almonds, finely chopped
- 6 egg yolks
- 1 ½ cups (375 ml) each whole milk and heavy cream
- ¼ tsp (1 ml) fine sea salt
- ½ tsp (1 ml) almond extract
- ½ cup (125 ml) plus 2 tbsp (30 ml) granulated sugar, divided
- 4 bottles old-fashion root beer

NEWS CANADA/ ALMOND BOARD

Unique dish gives ground beef life beyond hamburgers

Why should pie be limited to dessert? No reason at all, actually. Everything we love about pie — a moist and delicious interior, a flaky bronzed crust — can work as easily for savoury dinners and lunches as it can for cherries, apples and blueberries.

To keep the stroganoff pies simple, use a purchased pie crust. And to make forming them even easier, cook them in a muffin tin. They are delicious warm and cool.

Ingredients

- 15 ml (1 tbsp) olive oil
- 1 small onion, diced
- 125 g (4 oz) chopped cremini mushrooms
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 5 ml (1 tsp) smoked paprika
- 60 g (2 oz) cream cheese, cut into chunks
- 175 g (12 oz) extra-lean ground beef
- 1 pkg (425 g) refrigerated pie crusts (contains 2 crusts)
- 1 egg, well beaten

1. Lightly coat a large six-cup muffin tin with cooking spray.

2. In a large skillet heat oil over medium-high heat. Add onion and sauté for three minutes.

3. Add mushrooms, salt and pepper; sauté for six to eight minutes or until well browned and soft. Remove from heat and add smoked paprika and cream cheese; stir to combine. Let mixture cool for five minutes.

4. In a bowl, mix together mushroom mixture and beef; set aside.

5. On a lightly floured surface, unroll one of the prepared pie crusts. Cut six circles from the crust. Each circle needs to be large enough to fit into the muffin cups, come up the sides and overhang the upper edge by about 1 cm (1/2 inch). Fit one circle into each muffin cup. Spoon meat filling evenly among cups.

6. From the second crust, cut out six smaller circles to fit on top of the muffin pies. With your fingers or a fork, crimp around the edges to seal each pie. Brush tops of pies with beaten egg and cut a slit in the top crust to vent.

7. Bake in 400 F (200 C) oven for 15 to 20 minutes or until golden brown and a thermometer inserted into the centre reaches 74 C (165 F). Pie can be served warm or cooled to room temperature.

Stroganoff Muffin Pies

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

High-heat wok-style cooking meets Hispanic ingredients

This Wok Picadillo recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In a medium bowl, whisk together the tamari, sherry, cornstarch and white pepper. Add the ground beef and mix until thoroughly incorporated. Set aside.

2. Set your wok over high and let heat for 1 minute. Add 1/2 tablespoon of the oil and heat until it shimmers. Add the onion and both bell peppers. As soon as they hit the wok, immediately stir them around the pan. Cook for 5 minutes, or until the onions and peppers are just barely cooked and still firm and colorful.

3. Transfer vegetables to a plate. Use paper towels to dry wok, then return it to heat.

4. When the wok is hot again, add the remaining 1/2 tablespoon of oil and heat until it shimmers. Add the garlic first, then immediately add the ground beef.

5. Use the back of the spatula to spread the beef across the wok as if frying a wide burger. Let the meat sear on one side until golden brown. This gives your meat a crispy exterior with juicy interior. You can test for doneness by flipping the beef in the centre of your wok where the heat is the hottest. If it is golden brown, flip all the beef and break it up with your spatula.

6. Once the beef is just cooked (when you don't see any red, about seven minutes), return the onion-pepper mixture to the pan. Add the tomatoes, olives, raisins, cumin, oregano and paprika. Mix well, then reduce heat to medium and fry for five minutes. Stir in the lime juice. Serve spooned over rice and topped with fresh cilantro, mint or parsley. THE ASSOCIATED PRESS/ ELEANOR HOH WHO TEACHES WOK-STYLE COOKING AND BLOGS ABOUT IT AT ELEANORHOH.COM

Ingredients

- 1 tablespoon tamari or good (MSG-free) soy sauce
- 1 teaspoon medium drinking sherry
- 2 teaspoons of cornstarch
- 2 pinches white pepper
- 1 pound 90 per cent lean ground beef
- 1 tablespoon canola or other high-heat oil, divided
- 1 medium yellow onion, finely chopped
- 1/2 each medium green and red bell peppers, cored and finely chopped
- 2 cloves garlic, diced
- 2 plum tomatoes, finely chopped
- 1/4 cup diced green olives with pimentos
- 1/4 cup raisins
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- Juice of 1 lime
- Sprigs of fresh cilantro, mint or parsley, to serve

Lentil Meat Loaf. Serve this fibre-packed dish with mashed potatoes

1. Lightly oil a loaf pan; set aside.

2. In bowl, lightly whisk eggs. Whisk in tomato paste. Add beef, onion, oatmeal, lentils, oregano, sage, thyme and salt. Using hands, stir and blend mixture together until thoroughly and evenly combined. Mound mixture into prepared loaf pan or free-form a loaf shape on a parchment-lined baking sheet.

3. In a bowl, whisk together sugar, ketchup, mustard and horseradish; spread evenly over loaf. Bake in 190 C (375 F) oven for about 45 minutes or until loaf is cooked through. The meat loaf is done when a thermometer inserted in its thickest part reads 70 C (160 F). THE CANADIAN PRESS/ LENTILS.CA/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 2 eggs
- 1 can (156 ml/5.5 oz) tomato paste
- 1 kg (2 lb) medium ground beef
- 1 large onion, finely chopped
- 250 ml (1 cup) large flake oatmeal
- 250 ml (1 cup) cooked lentils
- 15 ml (1 tbsp) each chopped fresh oregano, sage and thyme
- 5 ml (1 tsp) salt

Topping

- 50 ml (1/4 cup) packed brown sugar
- 50 ml (1/4 cup) ketchup
- 15 ml (1 tbsp) mustard (any type)
- 15 ml (1 tbsp) horseradish

Student Voice

Experience is everything

Jordan Maretzki
Student
Geomatics Engineering
University of Calgary

As a Geomatics Engineer at the U of C, I applied for about six different positions. Of those six, I had three contact me about doing an interview.

My interview with my eventual employer, Mentor Engineering, went extremely well. They were very impressed with my work experience. I had been working at Heritage Park (a "living historical village" in Calgary) for the previous five years, and they said they liked the fact that I showed progress through the ranks at Heritage Park.

Two of my interviewers used to work at Heritage Park as well, making the interview much easier for me as it gave us some common ground. They were also impressed with the consistency of my marks. Now, my grades are nothing to write home about, but they liked the fact that I stuck with it (my first year was rough) and improved every year. The exact word they used was "consistent."

If I could leave one piece of advice, it would be this: never underestimate job experience. Even if it is washing dishes or flipping burgers, you are learning how to work.

Employers don't want to have to spend time teaching a raw kid how to be on time or how to behave, so that is where previous job experience really comes in handy. I truly believe that my job experience was a major factor as to why I was hired by Mentor Engineering.

My recommendations for employers, schools and career centres

Give your employees (interns) lots of responsibility! We may be young, but we're more than willing to prove ourselves. It is a good feeling to be trusted by a senior engineer, to know you are responsible for the success of the company.

My recommendations for students

Marks are great, but job experience counts for more. But above all, be honest and show them the type of employee you will be. Words like "trust," "responsible" and "reliable" go a very long way.

TALENTEGG.CA, CANADA'S LEADING ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

Jordan Maretzki PROVIDED

Bask in the light of those bulbs, because your bright ideas might just change the world. ISTOCK

Business of better: Work for the world

Broadening the bottom line. How to innovate, create and put food on your plate

JUSTINE ABIGAIL YU
TalentEgg.ca

The word "business" might summon an image of an unfeeling and profit-making machine. Rarely is it thought of as an exclusively benevolent force that aims to make the world a better place. Or maybe this is just me…but in any case, businesses are ultimately designed to maximize profit and sometimes do so at the expense of the environment or their employees.

More often than not, environmental sustainability, workers rights, and job creation are merely afterthoughts or marketing gimmicks aimed at — you guessed it — making more money.

But there has been a shift in recent years away from this single bottom line of profit towards a triple bottom line. Think of it as the Three Ps: people, planet, and profit. This is the realm of social innovation where innovators and entrepreneurs use novel ideas to solve pressing social issues like health care, poverty, homelessness, crime, and food security.

This change in the conventional business model is resulting in a burgeoning sector and perhaps you're one such social innovator or entrepreneur with the next big idea that will change the world…or maybe you don't have that idea yet, but you're interested in exploring a career down this path.

Thinking times three

"There has been a shift in recent years away from this single bottom line of profit towards a triple bottom line. Think of it as the Three Ps: people, planet, and profit." Justine Abigail Yu

It all starts with a search

This whole sector is made up of change agents, or people who get out there and act. If this is something you want to really commit to, check out:

- Social Innovation Generation: Canada, MaRS Discovery District, Youth Social Innovation Capital Fund, Ashoka and the Centre for Social Innovation for resources, funding and guidance.

Either way, the big question is: how do you dip your toes into this relatively new and exciting sector?

Learn the lingo

Social enterprise. Social finance. Corporate social responsibility. Social entrepreneurs and social intrapreneurs. These are all common words in the world of social innovation and you should get to know them inside and out if you're planning on starting your own organization or working at one.

Attend industry events and network

Hubs of social innovation are popping up everywhere. Research what's happening around your area and attend any local events. What better way to get to know this sector than by surrounding yourself with the actual change agents themselves?

Conduct an informational interview

After you've attended one of those local events and networked your face off, why not follow up with those new connections you've made? Never underestimate the power of getting together over a hot cup of java to ask questions or even share your ideas.

Conduct an informational interview with a social innovator and ask him or her everything you've ever wondered about the sector, the specific social problem you're interested in, and even what the job itself entails.

Volunteer

Find an organization that is doing work you are passionate about and gain some hands-on experience. Get your hands dirty and volunteer! Whether it's within your local community or working overseas, there is honestly no deeper learning than practical learning.

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NBA

Heat regain control against Pacers in Game 5

Miami took a big step forward. Indiana lost two forwards.

Suddenly, the road back to the Eastern Conference finals no longer looks daunting for the Heat.

LeBron James scored 30 points, Dwyane Wade added 28, and the Heat moved a win away from the NBA's final four with a 115-83 victory over the hurting Pacers on Tuesday night.

The Heat lead the best-of-seven East semifinals 3-2.

THE ASSOCIATED PRESS

Dwyane Wade after being hit in the eye Tuesday. GETTY IMAGES

Cycling

Olympian Hughes OK after crash

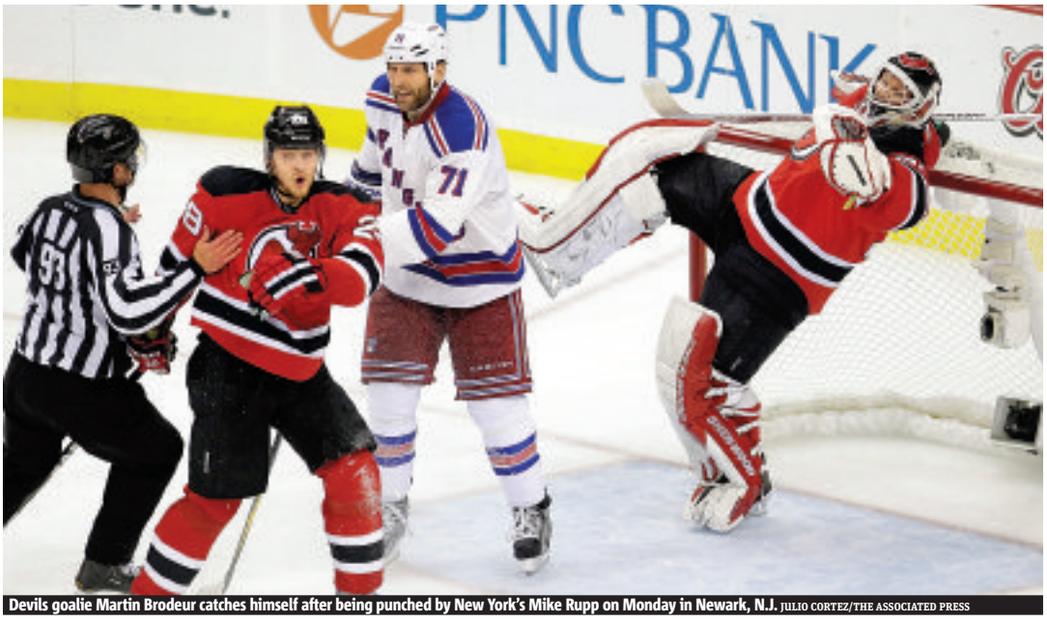
Veteran cyclist Clara Hughes has been given a clean bill of health after a Monday crash in a road race.

"Only scratches and minor bruises, nothing that her and her coach are worried about," a Hughes spokesman said Tuesday.

The 39-year-old from Glen Sutton, Que., went over her handlebars after being caught up in a crash at the Gatineau Grand Prix in Quebec.

She went on to finish eighth in the race, which was won by Specialized Lululemon teammate Ina-Yoko Teutenberg.

THE CANADIAN PRESS



Devils goalie Martin Brodeur catches himself after being punched by New York's Mike Rupp on Monday in Newark, N.J. JULIO CORTEZ/THE ASSOCIATED PRESS

All-too-familiar position for Rangers

NHL. East finalists brush away the rhetoric and prepare for a crucial Game 5

Practice for the New York Rangers went from optional to mandatory. Their attitude shifted from agitated to optimistic.

For the third straight series, the East's top-seeded team is all even through four games and each time New York has headed into Game 5 coming off a loss that would have given the Rangers a commanding 3-1 edge.

The negative view would be that they can't handle prosperity. The positive outlook is that the Rangers have a knack of bouncing back. After all, they advanced from this spot in the opening two rounds with Game 7 victories in the comfort of Madison Square Garden.

The task at hand against the rival New Jersey Devils in the conference finals is difficult, yet satisfyingly familiar. The Rangers have lost three straight Game 2s after series-opening wins and all three Game 4s following Game 3 victories.

"I guess it's a positive," Rangers captain Ryan Callahan said Tuesday after practice. "It's something we've been through. We know how to prepare for it, and we'll be ready."

Rangers coach John Tortorella ran a 40-minute practice that was originally scheduled to be optional. That changed after a 4-1 defeat on Monday in Game 4 in New Jersey. New York hosts Game 5 Wednesday.

After a team meeting, Tortorella seemed pleased with his team.

"It defines our team ... our resiliency," Tortorella said. "You have to remember, when you're trying to win two in a row, there's also a team trying not to lose two in a row. It's a pretty good team at this stage of the season."

But what can be done to get players such as Marian Gaborik, playmaker Brad Richards, and others such as Callahan and Brian Boyle going?

"Pray," Tortorella said. "I don't know what else to tell you. We're going to keep on trying to play, pray, and hopefully something good happens to them."

The Rangers have scored nine goals in four games against the Devils. Only one has been scored by the Rangers' top-line forwards.

THE ASSOCIATED PRESS

Quoted

"I think emotion takes over. I took offence at what happened on the ice and that was my outlet — right or wrong."

Devils coach Peter DeBoer, commenting Tuesday on his screaming match with John Tortorella after Rangers forward Mike Rupp took a jab at Martin Brodeur near the end of Game 4.

Kings marching on to the Stanley Cup finals

L.A.'s Justin Williams, right, battles with Oliver Ekman-Larsson and goalie Mike Smith Tuesday in Glendale, Ariz. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

Dustin Penner scored 17:42 into overtime and the Los Angeles Kings are headed to the Stanley Cup finals for the second time as a franchise after beating the Phoenix Coyotes with a 4-3 win in Game 5 of the Western Conference finals Tuesday night.

Penner gathered a bouncing puck and beat Mike Smith between the pads for the game-winner, extending the Kings' road winning streak to an NHL-record eight straight games. Anze Kopitar scored a shorthanded goal, Drew Doughty had a goal and an assist, and Mike Richards also scored for Los Angeles.

"I got a lucky bounce," Penner said. "I just waited for it to settle down, and I got a chance to get it in the net."

The first team to go undefeated on the road en route to the Stanley Cup finals, the Kings will play Game 1 on May 30 at either New Jersey or New York.

Game 5

Kings	Coyotes
4	3

Los Angeles is in the final round for the first time since 1993, when Wayne Gretzky and the Kings lost to the Montreal Canadiens in their only finals appearance.

Taylor Pyatt had a goal and an assist. Marc-Antoine Pouliot and Keith Yandle also scored for the Coyotes in their first trip to the Western Conference finals.

Los Angeles blew one chance to put away the pesky Coyotes.

Leading the series 3-0 and playing at home, the Kings couldn't match Phoenix's intensity in Game 4 and lost 2-0, giving the Coyotes a glimmer of hope. THE ASSOCIATED PRESS

4 SPORTS

Horse racing

I'll Have Another 'a very happy horse'

Canadian-owned Triple Crown contender I'll Have Another is recovering well from Saturday's Preakness victory. The colt arrived at Belmont Park on Sunday to prepare for the June 9 Belmont Stakes, where I'll Have Another will attempt to become the first Triple Crown winner since 1978. An assistant to trainer Doug O'Neill says "he looks great, fantastic." Jack Sisterson said Tuesday that I'll Have Another is "a very happy horse."

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On the web

After Monday's 6-0 loss to the Kansas City Royals, New York Yankees manager Joe Girardi said he hoped his club had hit "rock bottom." The Yankees were tied for last place in the AL East on Tuesday and history might not be on their side as far as turning their season around. Scan the code for the story.

5 DRIVE

What Owners Like

Owners rate refinement, engine performance (with T5 powerplant), ride and handling, interior styling and a feeling of safety and confidence the most highly on their S40s. All Wheel Drive traction during winter months is also highly rated.

What Owners Dislike

Limited cabin storage, fuel mileage and blind spots are among the most common owner-stated complaints.

On the Web

Scan code for more car reviews and news

S40 delivered performance

TORSTAR NEWS SERVICE

Second Gear.
2005 to 2011
Volvo S40

JUSTIN PRITCHARD
Drive@metronews.ca

Volvo's compact sedan, the S40, shared mechanicals with the Volvo V50 wagon while offering shoppers an eager four-door with an eye for Scandinavian style and safety.

Look for front or all-wheel drive, and plenty of premium features — including a sunroof, iPod connectivity, automatic climate control, premium audio, heated leather and plenty more.

Delivery of a sporty and sophisticated motoring experience was the S40's intention.

Common Issues

Check for proper operation of the external temperature readout, climate control system and all door-mounted controls — including the power locks, mirrors and windows. Some owners have reported door-mounted controls going dead at random. As well, ensure the remote keyless entry system works as expected, and check for any 'Check Engine' lights or warning messages.

A humming sound or vibration from the rear of the vehicle at low to moderate speeds could be a symptom of a problem with the All Wheel Drive (AWD) system, and any harsh shifting or 'slipping' from models equipped with the automatic transmission should also be noted.

Finally, be wary of any turbo-charged model that's been heavily modified, especially if the owner/seller has 'turned up' the boost for additional performance.

Engine

Naturally-aspirated or turbo-charged five-cylinder engines were available.

Displacing 2.4 litres, the engine created about 170 horsepower. The 2.5-litre turbo-charged variant bumped output as high as 227.

Verdict

No hugely troublesome issues seem apparent in this generation of S40, but have your potential used candidate checked by a Volvo mechanic ahead of your purchase to be safe.

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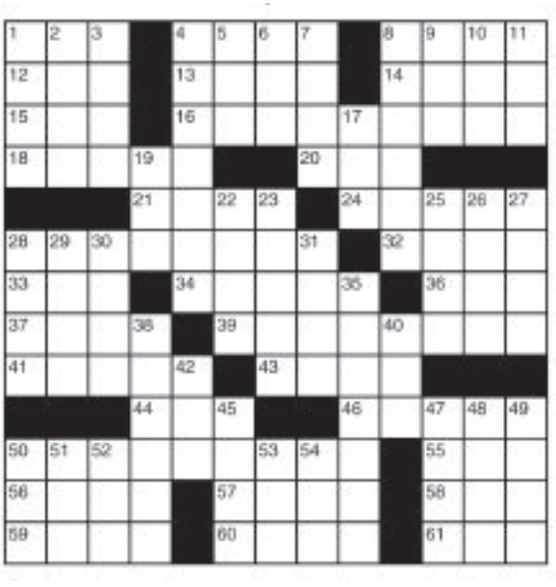
Crossword

Across

1 "Monty Python" opener
4 Returned
8 Arizona city
12 Regret
13 Lotion additive
14 Eastern potentate
15 $ dispenser
16 John Hancock
18 Resigns
20 Dead heat
21 "Dragnet" star
24 Perch
28 Green
32 A bit blue
33 Volente lead-in
34 Eat loudly
36 WWII general Arnold
37 Many millennia
39 Bond
41 Anticipate
43 Staff member
44 Tums target
46 Implied
50 Chairs, tables, etc.
55 Lennon's lady
56 Sicilian spouter
57 Distant
58 Legislation
59 Fervor
60 Grad rags?
61 Commonest word

Down

1 Tigris territory
2 Frill for Fonteyn
3 Big rig
4 Some hounds
5 — Baba
6 Gear tooth
7 Superman's alter ego
8 Shower component
9 Ostrich's cousin
10 Round Table address
11 Exist
17 Melody
19 Airline letters
22 Wall Street optimist
23 Bear
25 Pearl Harbor site
26 Cicatrix
27 Work at the keyboard
28 Concept
29 Cat call
30 "— Lisa"
31 Therefore
35 Model
38 Cue
40 Afternoon affair
42 — chi
45 Unescorted
47 Layer of paint
48 Part of the foot
49 Carry
50 Shriner's chapeau
51 Multipurpose truck
52 Geneticist's abbr.
53 Faraway craft
54 Uncivilized



Sudoku

6						5	8	
	8	2			1			
		9			7	4		
5				2			3	
	2	3				7	6	
	7			4				1
		4	8			3		
			1			2	4	
	6	5						8

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	5	2	9	4	1	8	7	6
7	1	9	6	2	8	3	5	4
8	6	4	3	7	5	2	1	9
6	9	3	4	8	7	5	2	1
2	4	8	5	1	6	7	9	3
1	7	5	2	3	9	6	4	8
9	3	1	8	5	2	4	6	7
4	2	7	1	6	3	9	8	5
5	8	6	7	9	4	1	3	2

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

UGZCDM OKLKDYQE JYGOYKW BD UKO NCLRKO TGJRKY IOBVKLY, JUK OKIBOYKW "NKGZK BDQE VFJY TKMFD."

Yesterday's Cryptoquip: WHEN YOU GREET SONGWRITER ARLEN ENTHUSIASTICALLY, ONE COULD SUPPOSE THAT YOU HERALD HAROLD.

Today's Cryptoquip Clue: B equals O

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Your imagination will be active today and whatever you think about will in some way or other become a reality by the end of the week.

Taurus | April 21 - May 21. Strive to stay on goods terms with someone who has the power to make life uncomfortable for you.

Gemini | May 22 - June 20. A relationship that has been going through a bad patch will improve over the next few days.

Cancer | June 21 - July 22. Stop putting pressure on yourself and accept that what is meant to happen will happen in its own good time. Life will be easier that way.

Leo | July 23 - Aug. 22. Give those who ask for help your verbal support but encourage them to take responsibility for their own actions.

Virgo | Aug. 23 - Sept. 22. Wishful thinking is not always a bad thing and what you wish for today may well become your reality over the next few weeks.

Libra | Sept. 23 - Oct. 22. Today's Sun-Neptune link will encourage you to reach for some unattainable goal. Don't do it.

Scorpio | Oct. 23 - Nov. 21. You're a passionate Scorpio so why are you trying to pretend that you don't care about something when, deep inside, you are raging?

Sagittarius | Nov. 22 - Dec. 21. The Sun in your opposite sign means that some people will try to intimidate you. You must resist them.

Capricorn | Dec. 22 - Jan 20. The best way to get through the day – any day – is to live it moment by moment. Let fate be your guide.

Aquarius | Jan. 21 - Feb 18. Stop feeling sorry for yourself and start smiling again. Don't wait for tomorrow — have fun today.

Pisces | Feb. 19 - March 20. Sob stories are making the rounds at the moment — and you are advised to ignore each and every one of them. Chances are, none of them are true. **SALLY BROMPTON**

Caption Contest

"Dude, you said this would be fun...this is terrifying!!!"
Allison M.

SERGEI GRITS/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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